

Chapter 1 : Nutrition - Beginner's Guide for Eating Healthy and Clean

GnRH then stimulates the endocrine gland in your hypothalamus, releasing two crucial gonadotropin hormones, luteinizing hormone (LH) and follicle stimulating hormone (FSH). From there these two hitch a ride down bloodstream to the all-important leydig cells in your testicles.

Is taking a risk with transfer credit really going to be worth it in the long run? The key is to start with the end in mind and develop a foolproof plan before enrolling in any courses. To do this, you must know which degree you want, which college you want to transfer to, and what their transfer policy is. Then you can spend your precious time and money on just the courses you know will transfer. But how do you know which courses will transfer before taking them? How College Course Codes Work Colleges use course codes to describe and organize their courses in a way that can be easily understood by both colleges and students if said students have translation guides, that is. They consist of four important blocks of information. Course Prefix The first part of a college course code is simple: Course Numbers The second part of a college course code is a series of numbers. These are often three digits long, but many colleges use four digits or even five. These numbers are the main way colleges organize their course catalog. No two courses at a college will share the exact same course number. The most useful thing for students to understand about these numbers is how to distinguish between upper-level credit and lower-level credit. Remedial courses do not count for college credit. If your college uses a four- or five-digit numbering scheme, this rule will still hold true. The second and third digits in a course number are used in a variety of ways by different schools. They vary widely between colleges and would take immense study just to learn how one specific college uses them. The one thing to remember about course numbers is that the first digit indicates what level of study your course is. That is likely the only uniform and truly helpful piece of information these numbers will provide for you. Course Name The third element of a course code is obvious: Unlike course numbers, which are specific to each college, course names can be fairly standard between institutions—especially among lower-division subjects. How to use it Compare the name of the course you want to take to the name of a course your chosen college offers. The more exactly the names match, the better chance your credit will transfer. Does your college of choice require this specific course for your degree? A course description is a general explanation of its topics and teaching methodology. So even if a course you are considering has the same title as a course at your target school, be sure to examine the descriptions of each for similar terms and topics to get a feel for how well-aligned the content really is. You also know more about college course codes than you ever wanted to. How do you start actually taking affordable transfer credit?

Chapter 2 : Testosterone to a T: The Basics | Beginners Guide to Test

Paleo A Beginner's Guide To The Paleo Diet Overall, the Paleo approach is sound with a strong backbone of natural, unprocessed foods. By using this approach, you can expect to significantly increase the quality of your food while also inadvertently reducing calories.

Here are some potential challenges and dangers of eating keto. For those people who train heavy and hard, going keto might cramp your style. As important as protein is for muscle growth, carbs also play an equally critical role by releasing insulin to drive that protein into muscles faster. It also helps us build up glycogen stores for longer training sessions, runs or hikes. One comprehensive review of the literature in sports nutrition found that while research is lacking on the long-term impacts of the keto diet, in the short term, the keto diet is inferior to other diet protocols on anaerobic, aerobic and in some cases even strength performance measures. The keto diet also influences electrolyte balance, resulting in brain fog, headaches, nausea and fatigue. Keto dieters also consistently complain about getting bad-smelling breath, sweat and pee as a result of the by-product of fat metabolism acetone seeping out. One year albeit small study looking at the effects of a keto diet on young children found that 65 percent experienced digestive woes. Thankfully, going keto is not a life sentence for problem bowels. Believe it or not, depending on your diet, you may be low on salt. Rather than reaching for more processed food, try seasoning your food a little more liberally with sea salt. With the approved list of foods being so brief, you might not be getting in enough fruits and veggies on keto. One of the biggest impacts? A potassium deficiency—and all of the lovely constipation and muscle cramps that accompanies it. Aim to up your intake of foods like spinach, avocado, tomatoes, kale and mushrooms to get your potassium fix. Reach for more broccoli, Brussels sprouts, cauliflower and cabbage to ensure you get your fill. Overly restricting or removing whole food groups from your diet has the very real power to encourage orthorexic tendencies and an unhealthy obsession with what to eat. It also interferes with some of the social aspects of food, considering how limiting it is. No cake on your birthday. No pie on Thanksgiving. If you consider yourself someone who loves to eat and takes great joy in the social experience of a good meal, then the restriction of this diet may be emotionally unhealthy. Before starting any new diet, you should always clear it with your health care provider first. This is particularly true for certain groups for whom the keto diet may not be a healthy idea. These include but are not limited to: Fat is more difficult than other macronutrients for the body to digest, so this may be a strain for those with gallbladder or pancreatic disease. While research is in its infancy, early animal models suggest some metabolic changes occur during ketosis that may impact fetal growth. This time of your life is also not the time to risk undernourishing yourself, as nutritional deficiencies and extreme weight loss may reduce milk supply and stunt infant growth. Childhood is never a time for dieting, never mind an extreme diet like the ketogenic diet. Those who are prone to kidney stones may want to avoid the keto diet due to the shifts in sodium, potassium and fluid balance. As previously mentioned, the keto diet is extreme, and any type of diet that severely restricts or limits foods may perpetuate disordered eating thoughts. Patients with limited digestive capacities should avoid the keto diet, since fat is particularly difficult for the body to digest.

Chapter 3 : Hormone Therapy For Beginners - Hormone Therapy

Weight training has been shown to increase the baseline levels of the important fat burning hormones in the body, including growth hormone. These hormones help burn more body fat, and once again, improve your basal metabolic rate.

Short and to the Point Who is this article aimed at? Those looking to go back to basics and find out about our favourite topic, testosterone. I am busy - summarize it for me Testosterone. This article aims to answer all these questions in simple unimigrane inducing ways. A belated run though the basics. Testosterone is the main steroid male sex hormone. This variation plays a big part not only in physical differences between the sexes, but increasingly, research shows, certain emotional and mental ones too. Simply put, testosterone is what makes us masculine. Testosterone stimulates growth of our bodies, facial hair and reproductive organs, also playing a key role in healthy sperm production. It shapes our physiques and facial features, influencing things like bone density and body fat. Other characteristics too, such as our deeper voices, can be attributed to more testosterone as it strengthens the vocal chords. The aspect that even non-fitness fans know testosterone for. The reason T and peak physical fitness go arm in bulging, ripped arm. When molecules of T reach the androgen receptors in around your body it starts protein synthesis, promoting natural growth of muscle tissue. Its effect on your bones is also to increase density and strength. Long story short, it bulks you up good and proper. How is testosterone made? The next question is, where does testosterone come from? More on that later. The processes it go through. Pay attention, here comes the science bit. The hypothalamus releases a hormone called gonadotropin releasing hormone GnRH. GnRH then stimulates the endocrine gland in your hypothalamus, releasing two crucial gonadotropin hormones, luteinizing hormone LH and follicle stimulating hormone FSH. From there these two hitch a ride down bloodstream to the all-important leydig cells in your testicles. Fresh testosterone, just like mama used to make. And you make 10 times more of it, but you know what I mean. What next for your T? The aim is to reach your various androgen receptors, but there are a few hurdles to overcome first. Basically, the higher your count of SHBG, the less testosterone you actually have in play. Free T that has dodged your internal booby traps continues to circulate in the bloodstream until it attaches to androgen receptors. Different androgen receptors send out signals depending on the activity T is needed for. So weight training for example would obviously be receptors in muscle calling for attention. Once safely bound to androgen receptors the final stage is the T molecule changing shape to enter our DNA. Positive changes in performance.

Chapter 4 : Autodesk Maya - Beginner Training Courses | Ledet Training

Golf is the greatest game in the worldâ€”just ask anyone who plays! But getting started as a beginner can be a dauntingâ€”and often intimidatingâ€”prospect.

While these are important factors to recovery, adaptogens are also of critical importance in recovering from adrenal fatigue. Adaptogens have been used in both ancient Chinese and Ayurvedic medicines, and are usually plant-based herbal medicines. Adaptogens are a natural ally in dealing with persistent stress and fatigue because they work with regulating important hormones. Adaptogens offer several other health benefits, such as: Supporting some of the physical and chemical effects of stress Helping the body to mount a healthy response to stress. Adaptogens help you rebound from exhaustion phase and or support the resistance phase. Top 6 Adaptogenic Herbs Adaptogenic herbs help to lower stress responses in the body by lowering cortisol levels. While the role of adaptogens is to help the body to adapt to stress, adaptogens all work a little differently. Some like ginseng or rhodiola work to energize the body, others like astragalus fortify the immune system against viral illness, while maca is beneficial for the libido. This is where a discussion with your practitioner comes in handy. Adaptogens help to strengthen the body over time, so you may need to take them for a few weeks before you notice a difference. Some common adaptogens include: Ginsengs Asian panax variety -This herb from the araliaceae family is used to help the body to adapt to environmental influences and stressors. It has also been noted to improve cognitive function and memory. This is not a good option during pregnancy. It has proven effective at increasing energy and endurance. Discuss this option with your doctor as high doses may increase blood pressure. Full adrenal recovery can take anywhere from months for minor adrenal fatigue, and up to 2 years for severe adrenal fatigue. So the length of time they are taken and the dosage are best discussed with your practitioner, as they will vary based on your medical history, how long you have been dealing with fatigue and any pre-existing conditions. In addition, some herbs can be used for extended times while others would need to rotated or followed with a rest period. This is why it is best discussed with your practitioner. As always look for certified organic products whenever possible. If using a tincture check the concentration of the extraction to verify potency, if using capsule look for a standardized extract. Your practitioner should offer recommendations for brands and potencies based on your health needs. In addition, some simple ways to include adaptogens are to add them to your diet. In Conclusion Adrenal fatigue is considered a modern stress syndrome. Many people are living with chronic fatigue and may simply attribute it to a hectic lifestyle. While slowing down and adjusting your schedule may help, adrenal recovery also requires a commitment to healthy living and supplemental help when appropriate. Adrenal fatigue can take months or years to show consistent symptoms in the body. As mentioned previously, full adrenal recovery can take anywhere from months for minor adrenal fatigue, and up to 2 years for severe adrenal fatigue. Make a commitment to your health. Find a practitioner who can work with you to develop a protocol based on your needs and medical history. Retrieved March 19, , from [http:](http://) Retrieved March 19, , from [https:](https://) The 3 Phases of Stress: Adaptogens exert a stress-protective effect by modulation of expression of molecular chaperones. Constituents of *Ocimum sanctum* with antistress activity. Scientific review on benefits, side effects, dosage, and more. Scientific review on usage, dosage, side effects.

Chapter 5 : Investing A Tutorial For Beginner Investors

Investing is a tool for building wealth, but it is not only for the wealthy. Anyone can get started on an investing program, and various vehicles make it easy to begin with small amounts and add.

Essentially with the Paleo diet, the primary focus is placed on consuming high amounts of both healthy fats and proteins, with avoidance of typical carbohydrate-centric foods like grains and processed foods. First of all, the Paleo diet places a primary emphasis on avoiding high calorie dense foods, which are highly processed, while increasing consumption of healthy proteins and fats. For example, foods like lean proteins and vegetables have a low calorie density. Foods that have a low calorie density are typically quite beneficial for weight loss since they allow for a large volume of food consumption with a relatively low caloric impact. Essentially, the Paleo diet can be quite beneficial due to a drastic increase in food quality coupled with an inadvertent reduction of calories , potentially leading to weight loss 1. Realistically, just about anyone would benefit from a significant improvement of food quality. However, the Paleo diet is also built upon restriction of foods, which I almost never agree with. For instance, many people enjoy consuming artificially sweetened or even regularly sweetened beverages like soda. Full calorie soda is certainly an issue, since it provides a large amount of calories, with very little benefit. However, this issue could be resolved by simply switching to a lower calorie or calorie free version of the same drink. By doing so, you avoid the calories but still get to enjoy the beverage you desire 2. You essentially need to completely remove this beverage from your diet. Doing so can lead to accidental binges and even feelings of guilt if you ever deviate. Dairy is also unfortunately not allowed when following the Paleo approach, despite being an optimal food choice for dieting. Ingredients such as Greek yogurt, milk and cheese all provide a large amount of high quality proteins and fat, which can be quite beneficial when dieting 3, 4, 5. The Paleo diet is also built on avoidance of typical carbohydrate sources. Completely removing these ingredients from the diet can often be difficult since many people truly enjoy these foods and also because they are readily available ingredients in many dishes, including those at restaurants. When practicing the Paleo approach, you may find that consuming just the acceptable ingredients is either difficult, boring or a combination of both. By using this approach, you can expect to significantly increase the quality of your food while also inadvertently reducing calories. The Paleo diet does, however, also include restriction of ingredients such as dairy and traditional carbohydrate. The Paleo approach is a sound tactic for improving health and potentially encouraging weight loss with little effort. Metabolic and physiologic improvements from consuming a paleolithic, hunter-gatherer type diet. The effects of water and non-nutritive sweetened beverages on weight loss and weight maintenance: A randomized clinical trial. Obesity Silver Spring, Md. The effect of milk proteins on appetite regulation and diet-induced thermogenesis. Effects of dairy products on bone and body composition in pubertal girls. Calcium and dairy acceleration of weight and fat loss during energy restriction in obese adults.

Chapter 6 : Paleo A Beginner's Guide To The Paleo Diet

I am a total beginner and I wanted to get into watchmaking and watch servicing, and that was the perfect course to get started. Christian is a great teacher, he gives plenty of information, tips and tricks in this course.

HGH production drops off after puberty, reducing the impact that physical activity has on the body. HGH is popular in both the weight training and therapeutic rehabilitation worlds for its ability to increase muscle size. HGH cycles are required to minimize negative side effects while you acquire the full benefits of treatment. Discuss your goals for a cycle of HGH treatment. Obtain a prescription from your doctor for injectable HGH. Your doctor will prescribe a proper dosage amount to follow. HGH for rehabilitative purposes is often prescribed at 0. Common HGH cycles are 50 days of treatment followed by 20 to 40 days off of treatment. Talk with your doctor about the side effects of HGH use. Too much HGH supplementation, or improper use, can result in breast enlargement, liver damage, fluid retention and joint pain. Dosage Schedule Follow the dosage schedule laid out by your doctor. Daily dosages of HGH will often be broken up into multiple injections. Normal dosage times are in the morning and a half hour after a workout. HGH has a half-life of 20 minutes, and peak blood levels are reached between two and six hours after injection. Administering HGH after a workout or physical therapy increases the physical gains from both types of exercise. Resisting Dependency Allow your pituitary gland to function without HGH injections for a period of time. The length of this wait period will be determined as part of your cycle. Abstain from HGH injections for the entire wait period to promote proper pituitary functioning. Prolonged consistent HGH treatment also increases the risk of side effects. Price Set aside the requisite amount of money needed to pay for an entire HGH cycle before beginning your cycle. You can only get the full benefits from a course of HGH injections if you can commit to a full dosage cycle.

Chapter 7 : Course Codes A Beginner's Guide to Course Codes and Transfer Credit | Unbound

intermittent fasting - the ultimate beginner's guide Intermittent fasting (IF) is currently one of the world's most popular health and fitness trends. People are using it to lose weight, improve health and simplify their healthy lifestyle.

F Kyle Shares Beginner steroid cycles are undoubtedly some of the most stressful due to the unknown they carry and meanwhile, the most excited, because of immense hopes invested in them. You are walking on a path never tested before and want the reward to meet your expectations. You get yourself crazy by trying to understand the very tiny details of a proper steroid cycle, of all the synthetic hormones out there and the best way to stack these compounds. And right you do because an in-depth understanding of your further actions is the guarantee of success. In this article today we are going to provide you with helpful information about best steroids to use as a first time user, along with dosage, cycle length, stacks, PCT and some of the common side effects you have to be aware of. We will try to keep things simple as we understand that some terms may be unknown to you. What is a Steroid Cycle? As a beginner, you may ask yourself what in fact is a steroid cycle. In short, it refers to a period of time in which an individual use anabolic androgenic steroids AAS for improving physical appearance, whether this is building up muscle mass, increasing strength or burning fat. Each cycle lasts between 4 weeks in the case of oral steroid cycles and up to 14 weeks injectable steroid plus an oral. But there are other factors that influence a cycle length too, such as user experience - beginner, intermediate or advanced user - and goals that are wanted to be reached. Stacking refers to the simultaneous use of more than one steroid during a cycle. The main reason for this is the harsh effect orals have on the liver. You can read more about it here. Being new to steroid usage you have no idea of your body reacts to different compounds. You can read more about it here The first hint is to give a go to short-acting steroids. The main reason lies in the fact that in the case of unwanted side effects occurrence, you can simply cease the steroid use and within days it will be out of your body. Here are some of the most common steroids that are a good fit for a first-time steroid user: In regard to what type of Testosterone esters are best to use, then know they are all as good as the other. The main difference between them is the frame of time required for testosterone to kick in and their active lives. For a slower release of testosterone choose Testosterone Cypionate or Enanthate. Be aware that in order to get rid of it from your body you will need to wait for up to 2 weeks. On the other hand, Testosterone Propionate gets into action much faster and will be out of your body in just 2- 3 days. If we take into consideration that you will have to pin it on an every other day basis in equal doses, then you may want to lay it off. Regarding dosage, most men will find a dosage of mgmg per week very rewarding. Effects that are easy to keep under control taking Nolvadex or Proviron. Testosterone Enanthate or Testosterone Cypionate: Take nothing, let the testosterone clean out Week 13 The most common dosage of Dianabol for beginners is about 25mgmg every day. Liver toxic like other oral also can cause androgenic and oestrogenic related effects as in the case of Testosterone use. Dianabol 30 mg per day Week

Chapter 8 : 5 Best Steroid Cycles for Beginners - What Steroids

Cellulite Beginners Course the basics, the facts vs. myths, and what you can do about it No more cottage cheese thighs and orange peel skin. It's time to learn the basics of cellulite, what you should and shouldn't believe, and what you can do about your dimples.

Chapter 9 : Adaptogens A Beginner's Guide to Adrenal Support | The Hearty Soul

The debate over hormone replacement therapy continues, but Suzanne Somers offers living proof of what works for her As many of us have seen, Suzanne Somers has become known for the 70s TV series, Three's Company, the 80s fitness device, the ThighMaster, and now, in her 60s, she has become the face of Hormone Replacement Therapy, touting the benefits that she has reaped, using.